

Family Information Sheet

<b>Name</b>
<b>Service</b>
<b>Recruiter Name</b>
<b>Phone</b>
<b>Address</b>
<b>Email</b>
<b>Report Date</b>
<b>Transportation arrangement</b>

Preparing for Military Basic Training \_\_\_\_\_

<b>Basic Training Base</b>
<b>Base Address</b>
<b>Base phone Number</b>
<b>Provided by recruit upon arrival:</b>
<b>Mailing Address</b>
<b>Local Number</b>
<b>Company name</b>
<b>Company commander</b>
<b>Red Cross's emergency contact number (877) 272-7337.</b>

## Packing Checklist

**\*\*\*\* Check with recruiter  
for a complete list for your branch. \*\*\*\***

### **Medical**

- Completed Medical Forms - (if given by your recruiter)
- Prescription Medications - (with a doctor's note and in original packaging)
- Eyeglasses - (if required with neck strap; generally, contact lenses not allowed in boot camp)
- Any Special Medical Equipment - (e.g., inhalers, orthopedic inserts)

### **Toiletries**

- Toothbrush and Toothpaste
- Razor and Shaving Cream - (disposable razors recommended)
- Shampoo and Conditioner - (travel-sized)
- Soap or Body Wash - (travel-sized)
- Deodorant - (solid, unscented)
- Foot powder
- Comb or Brush
- Feminine Hygiene Products - (if applicable)
- Nail Clippers
- Small Towel and Washcloth - (you will be issued standard ones)

### **Packing Essentials**

- Shower Shoes - (flip-flops for the shower - black, no lettering)
- Small Lock - (for lockers, if allowed)
- Address Book - (small or in notepad, family and friends' contact information)
- Stamps and Envelopes - (for sending mail home)
- Watch - (simple, non-smart, with an alarm feature)

## Preparing for Military Basic Training \_\_\_\_\_

- Notepad and Pen

### **Clothing**

- 2 Sets of Civilian Clothes - (comfortable, modest, and easy to pack) Tip - Wear something comfortable and easy to change out of when you arrive.
- Comfortable Running Shoes - (standard footwear is issued, but having a comfortable pair for travel is helpful)
- Underwear - (3-4 pairs, no thong underwear. Recommend white, very standard.)
- Socks - (3-4 pairs, preferably athletic socks)

### **Essential Documents – Verify with Recruiter**

- Photo ID - (driver's license or state-issued ID, valid and current)
- Social Security Card
- Birth Certificate - (certified copy or original\*)
- Bank Account Information - (full bank name, address, routing and account numbers for direct deposit)
- Marriage Certificate – (if applicable, certified copy or original\*)
- Dependents' Birth Certificates - (if applicable, certified copy or original\*)
- High School Diploma or GED Certificate – (certified transcript or original\*)
- College – (certified transcripts)
- Medical and Dental Records - (if not already provided)
- Prescriptions - (if applicable, in original containers and with a doctor's note)
- Enlistment Contract
- Emergency Contact Information
- Copy of Orders - (if applicable)

**\*Certified copies are preferred, unless otherwise advised, if available or can be obtained.**

**Money**

- Cash (\$10-\$20 in small bills, check w/recruiter)
- Debit Card - (for emergencies or small purchases)

**Prohibited Items**

- Weapons – (knives, firearms, etc.)
- Electronics - (laptops, tablets, cameras, and gaming devices)
- Valuables - (expensive jewelry, watches, or other valuables)
- Food or Supplements - (protein powders, vitamins, snacks, etc.)
- Non-Prescription Medications – (unless approved)
- Tobacco Products - (cigarettes, vapes, etc.)
- Alcohol - (including any alcohol-containing products, i.e. mouthwash)

**Optional Items**

- Disposable Razors – (in case issued razors are not sufficient)
- Personal Care Items - (small bottle of lotion, ChapStick)
- Religious or Personal Tokens - (small, unobtrusive items holding personal value)
- Small Photos of Family or Friends – (to keep in your wallet)

**Packing Tips**

- Pack Light - All space is limited, and many items will be issued upon arrival. Stick to the essentials.
- Label Everything - Make sure all items, especially personal ones, are clearly labeled with your name.
- Keep Important Documents Handy - Carry essential documents in a secure, accessible folder for easy retrieval.

This checklist is designed to help pack efficiently and you have what is needed without over packing.

## Preparation Checklist

**\*\*\*\* Check with recruiter  
for a complete list for your branch. \*\*\*\***

### **Do Today**

- Get a hair cut
- Shave
- Remove piercings

### **Daily**

- Walk/run
- Exercise
- Listen to audio books while exercising
- No bad habits
- Read DoD books
- Study for ASVAB with YouTube or course
- Eat simple healthy meals
- Talk to your relatives
- Use body lotion
- Drink water and coffee, no sodas
- Sleep 2100 to 0500
- No social media
- No news
- Learn military time and practice using it
- Learn Military Phonetic Alphabet
- Learn and practice Mindfulness
- Learn and practice Deep Breathing Exercises

**General**

- Quit job
- Gave notice to move
- Packed everything you are leaving
- Government-Issued ID as driver's license, state issued ID or passport – Valid and current?
- Social Security Card
- Certified copy of Birth Certificate
- Certified copy of Marriage Certificate, if applicable
- Certified copies of Dependents Birth Certificates
- Certified copies of High School Diploma, GED Certificate or College Transcripts
- Recruiter's Contact Information
- Read [manuals for your services](#)
- Read How to Win Friends and Influence People
- Read Games People Play
- Read The Essential 55
- New email address
- New phone number and cheap phone or 2<sup>nd</sup> SIM card
- Take pictures for wallet – family, home
- Evaluate tattoos for problems
- Remove all piercings
- Go to a gun range and fire an automatic pistol to become familiar with its operations and range protocol
- Get an Uber account
- Get a Lyft account
- Get a Venmo account
- Learn to swim

## Preparing for Military Basic Training \_\_\_\_\_

### **Financial**

- Banking Information for direct deposit of pay (Bank name, address, account number, routing number)
- Dependents' Information for those with children
- Certified divorce papers
- Court ordered child support
- Create a Power of Attorneys
- Create a will
- Contact all lenders to reduce interest rates to 6% under SCRA
- Contact lenders of any student loans to review all available programs under SCRA, forbearances, etcetera
- Setup payments for any debts and reoccurring payments
- Arrange care for dependents including children, elderly family members, pets

### **Health**

- Dental exam
- Remove molars, if necessary
- Eye exam
- Physical exam
- Review vaccinations
- Get a pedicure